

Claims

1 1. A system for determining the nutritional composition of foods,
2 comprising:

3 a personal digital assistant (PDA) comprising a housing, a
4 microprocessor, display screen and user input means;

5 a database with a plurality of foods and their nutritional content per
6 serving size stored in the PDA;

7 a scale for weighing food portions and generating electrical signals
8 proportional to the weight; and

9 circuitry providing the electrical output of the scale to the PDA;

10 whereby the user may select a food type on the PDA, weigh the food
11 portion, and thus determine the nutritional content of the food portion.

1 2. The system of claim 1 wherein the nutritional content
2 constitutes caloric content.

1 3. The system of claim 1 wherein the PDA includes a program for
2 storing entries relating to the nutritional contents of foods consumed and
3 accumulates those entries over a period of time to record nutritional
4 consumption over a period of time.

1 4. The system of claim 1 wherein the PDA has a slot for
2 accepting data modules and the scale includes a connector that plugs into

3 the slot to support the scale on the PDA and electrically connect the scale to
4 the PDA.

1 5. The system of claim 1 wherein the connection between the
2 scale and the PDA is wireless.

1 6. The system of claim 5 wherein the wireless connection is
2 radio frequency.

1 7. The system of claim 5 wherein the wireless connection is
2 infrared.

1 8. The system of claim 1 further including communication means
2 in the PDA to transmit stored information into a public network so that the
3 nutritional consumption of a user may be determined at a remote location.

1 9. The system of claim 1 wherein the scale employs strain gauges
2 to measure the weight of food portions.

1 10. A system for determining and recording the nutritional contents
2 of the food portions consumed by a user on a daily basis, comprising:
3 a personal digital assistant (PDA), comprising a housing, a
4 microprocessor, a user display, user entry keys, a database of the nutritional

5 contents of each of a plurality of food portions, per unit weight, and means for
6 recording and accumulating user entries;
7 an electronic scale for food portions; and
8 means for providing the output of the scale to the PDA;
9 whereby the user may use the entry keys of the PDA to select a
10 particular food type, weigh a portion of that food type on the scale to determine
11 the quantity of food type, and the PDA will record and accumulate the
12 nutritional content of the food portions consumed.

1 11. The system of claim 10 wherein the nutritional content
2 constitutes caloric value.

1 12. The system of claim 10 wherein the PDA further includes
2 communication means for transmitting information stored therein to a remote
3 device.